

APRIL 2025 HAPPENINGS

Monterey Recreation Centre
250-370-7300

OAK  BAY
PARKS, RECREATION
& CULTURE



IN THIS ISSUE

- JULY CLOSURE ANNOUNCEMENT
- FREE TALKS
- VOLUNTEER APPRECIATION
- CLUB NOTICES
- UPCOMING EVENTS
- UPCOMING TRIPS
- APRIL CALENDAR



SAVE THE DATE

**Spring and Summer Program
Registration Starts Wednesday April 9th
@ 6:30am!**

**The Spring/Summer 2025 Active Living
Guide is available now online and to
pick up in the centre.**

NEW

New Website!

**The District of Oak Bay's website has
a new look! We now have a dedicated page
for Adult Services and Monterey
Programs.**

Check it out today: www.oakbay.ca

Easter Long Weekend

Good Friday, April 18th | 1:00-4:00pm

Easter Monday, April 21st | 1:00-4:00pm



APRIL 2025

WHAT'S HAPPENING AT MONTEREY?

July Monterey Centre Facility Closure

July 2 to August 4, 2025

We're excited for a fully updated Reception centre, new kitchen flooring and other necessary updates to the facility.

The Centre will reopen on Tuesday, August 5, 2025

Members with an active Social Activity Membership at the time of the facility closure will receive an extension in membership for the length of the closure.

Monterey Centre will not be accessible to the public during the closure. The Oak Bay Public Library and Oak Bay Volunteer Services will be open during the Monterey Centre closure.

New Building Exterior Signage

In 2024, the Oak Bay Parks, Recreation and Culture department underwent a branding review, with a new logo developed to align more closely with the District of Oak Bay's logo and branding.

At Monterey Recreation Centre, four signs will be replaced:

- The two-way cedar entrance sign on Monterey Avenue
- The fascia sign above the entrance to Monterey Recreation Centre
- The cedar sign on Hampshire Road
- The two-way sign on Oak Bay Avenue near the walkway

Watch for the installation of the new signs this April.

You may also see new signage at Henderson and Oak Bay Recreation Centres.

APRIL 2025

WHAT'S HAPPENING AT MONTEREY?

New Member Meet & Greet

Wednesday, April 2nd | 1:30pm | Lobby
Join us for a New Member Meet & Greet on Wednesday, April 2nd at 1:30pm in the lobby, hosted by volunteer Ann Herbert. This event is for new Social Activity Members at Monterey to learn about the Centre, tour the facility, and connect with fellow members. If you can't attend this month, we'll have a Meet & Greet on the first Wednesday of every month. No registration required.



Open Mic

Sunday, April 27th | 1:30pm | Lobby
Come by Monterey and enjoy the sounds of local musical talents at our Open Mic.

Musicians are asked to arrive early and check-in with the session leader at 1:00pm.

Special thanks to Friends of Monterey for providing refreshments for this event.



Spring Oak Bay Artist's Studio Tour

Saturday, April 5th | 10:00am-4:00pm

Sunday, April 6th | 10:00am-3:00pm

Garry Oak Room

The Oak Bay Artist' Studio Tour is an opportunity to view and purchase visual art by Oak Bay artists. May of Oak Bay's established and emerging artists use their homes and studios as backdrops to display original watercolour, acrylic and oil paintings, photography, woodcuts, fibre, glass and pottery creations.



International Dance

Day Workshop

Tuesday, April 29th | 10:00am-12:00pm

Cost: \$20 | Garry Oak

Join Mariana Mazullous, for a morning filled with dance and a dash of history! This interactive workshop will take you on a journey into the colourful world of Brazilian dance. Prepare to move, connect with others, and unlock the fascinating history behind dance in South America.

Whether you're a beginner or have some experience, this workshop is designed for everyone.

Sign up with Reception.

APRIL 2025

VOLUNTEERING

National Volunteer Week

April 27 - May 3, 2025

Three cheers for all of Monterey's amazing volunteers!

We value and appreciate all 114 of our Monterey
Recreation Volunteers.



THANK
you

Volunteer Appreciation Event

Friday, May 2nd | 2:00-3:00pm | Douglas Fir Room

All current Monterey Recreation Volunteers and Friends of
Monterey Centre Society Board Members are invited!

We are excited to celebrate our volunteers who have reached
milestones including 5 yrs, 10yrs, etc. of service.
Enjoy a small tea plate and beautiful cello music.

Register in advance at Reception by April 22nd.

*Volunteers please check the list on Nic's office door to see who
will be receiving milestone service recognition awards this year!*



Volunteer Opportunity!

We're looking for friendly and enthusiastic
volunteers to help in our Coffee Express.

Wednesday mornings and Thursday afternoons.

As a volunteer, you'll brew, serve, and connect
with others. It's a great way to meet new people
and give back to the community.

If you are interested, please pick up a
Volunteer Application at Reception.



FREE TALKS

Wills & Estates

Friday, April 4th | 10:30am-12:00pm | Cedar Room

Guest Speaker: Jessica Izar, Cook & Roberts Law

Planning ahead is one of the the greatest gifts you can give your loved ones. A legally valid will ensures your wishes are honoured and helps prevent unnecessary stress or conflict during the grieving period. Learn the essentials of wills, powers of attorney, and health care representation agreements so you can make informed decisions, be prepared as you age, and leave a lasting legacy.

Space is limited. Sign up in advance at Reception.



Bone Health 101

Friday, April 11th | 1:00-2:30pm | Pine Room

Guest Speaker: Osteoporosis Canada

This presentation will provide a general overview on how to optimize your bone health including identifying risk factors, how to maintain good bone health with nutrition and exercise, reducing the risk of osteoporosis and related fractures and how to prevent or manage osteoporosis – a disease that over 2.3 million Canadians are living with.

Space is limited. Sign up in advance at Reception.

Culinary Herbs for Health

Friday, April 25th | 1:00-2:30pm | Lilac Holly Room

Guest Speaker: Don McIntosh, BSP

Have you ever been curious about the herbs you may be growing in your garden and whether they can be used to improve health? Do you have arthritis and could use a bit more help, naturally? Or maybe mild stomach issues that don't seem to settle? Or perhaps cholesterol that isn't quite controlled as well as you would like? This workshop will introduce the use of culinary herbs for some everyday health issues and provide you with more options for self care.

Space is limited. Sign up in advance at Reception.



APRIL 2025

FREE TALKS CONTINUED



Enhanced Road Assessment for Seniors

Thursday, May 8th | 1:30-3:00pm | Cedar Room

Guest Speaker: Joan Wallace Driving School

Learn about the ERA, Enhanced Road Assessment. Joan will instruct and illustrate the driving techniques needed to be successful on the test.

Space is limited. Sign up in advance at Reception.

CLUB & DROP-IN ACTIVITIES

Needlecrafters: Restarting Tuesday April 1st.

Moving forward Needlecrafters will meet

Tuesdays | 12:30-2:00pm | Garden Court

Karaoke: Come and sing your favourite karaoke songs starting Wednesday, April 2nd!

1st & 3rd Wednesday | 3:00-4:30pm | Dogwood Room

Bibliophiles Book Club: A new book club will run the 3rd Wednesday of each month

starting April 16th | 10:00-11:30am | Pine Room

See the Club notice board for reading list!

APRIL 2025

EVENTS



EASTER LUNCHEON

Thursday, April 17th | 11:30am | Garden Court

OR

Thursday, April 17th | 12:00pm | Garden Court

Member Cost \$20.00 | Non-Member Cost: \$23.00

Tickets on sale March 10 - April 10

Tickets must be purchased in advance by April 10.

Celebrate Easter with a delicious lunch filled with seasonal flavours! Indulge in a menu featuring baked brown sugar glazed ham, with scalloped potatoes and roasted carrots. Dessert will be chocolate and peppermint mousse with whipped cream.

Please note there is no vegetarian option with this meal.

Don't forget to bring your ticket! No entry without a presented ticket.



MUSIC BINGO

Wednesday, May 28th | 5:00-8:00pm | Garry Oak

Member Cost \$26.00 | Non-Member Cost: \$30.00

Tickets on sale April 15 - May 16

Start the evening with a delicious seafood vol au vent dinner (gluten free and vegetarian options available) with dessert and then a fun filled evening of Music Bingo where nostalgic tunes meet the thrill of bingo! Take a journey through music history and win fantastic prizes such as gift cards to local establishments.

Generously supported by Friends of Monterey Centre Society.



TRIPS



NORTHWEST RAPTORS

Friday, April 25th | 9:30am - 5:30pm

Member Cost \$166 | Non-Member Cost \$191

Tickets on sale March 4 - April 8



Have you ever seen a bird of prey up close? Come see one with us on a visit to the Pacific Northwest Raptors in Duncan. During this unique experience, you will meet several raptors up close, while gaining knowledge about their biology, behaviour and conservation needs. Spend time flying a hawk, meeting a bird on the glove and working with species others don't typically work with. Lunch will be enjoyed at a local restaurant prior to visiting the Raptor Centre.

Ticket prices include bus transportation, admission, and tax. Meals are the responsibility of the guest and are not included in this trip.



CHEMAINUS: BASKERVILLE



Saturday, May 24th | 9:30am - 5:30pm

Member Cost \$187 | Non-Member Cost \$214

Tickets on sale April 4 - May 8

Indulge in a delicious buffet brunch at the Playbill Dining Room. Following brunch, enjoy a short stroll through the town of Chemainus and the many treasures it has to offer. Then sit back, relax, and enjoy the Sherlock Holmes adventure "Baskerville". Take a journey with Sherlock Holmes and Dr. Watson as they crack the case of the Baskerville in this madcap retelling of a classic Arthur Conan Doyle tale from the award-winning playwright Ken Ludwig. Who says family curses can't be fun?

Ticket price includes transportation, brunch, gratuity, show ticket, and tax.

TRIPS CONTINUED

SALT SPRING ISLAND MARKET DAY TRIP

Saturday, June 21st | 8:00am - 6:30pm

Member Cost: \$70 | Non-Member Cost: \$80

Tickets on sale May 5 - June 6

Join us as we sail over to beautiful Salt Spring Island for their famous weekly Farmers Market! While on the island, check out the many local art galleries, shops and eateries Ganges has to offer. There are unique places for you to grab lunch, or you could nibble at many offerings found directly within the farmers market. Don't forget to bring your reusable shopping bag for the treasures you may buy!

Ticket price includes bus and ferry transportation.

All other purchases are at your own expense.



COMMUNITY RESOURCES

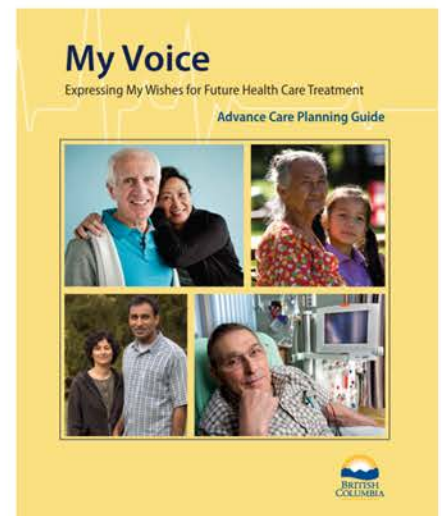
MAKING FUTURE HEALTH CARE DECISIONS

The B.C. government's advance care planning guide is called **My Voice: Expressing My Wishes for Future Health Care Treatment**. You can use it to learn about advance care planning and also to make your own advance care plan that will serve as your voice in the future. You can download and print a free copy on the provincial governments website.

<https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/health-safety/advance-care-planning>
or purchase a copy by calling Crown Publications staff
Monday through Friday 8:30am to 4:30pm Pacific Standard

Time at:

250 387-6409



APRIL 2025

APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 New Member Meet & Greet 1:30pm Lobby	3	4 Free Talk Wills & Estates 10:30am-12:00pm Cedar	5 Artist Studio Tour 10:00am-4:00pm Garry Oak
6 Artist Studio Tour 10:00am-3:00pm Garry Oak	7	8	9	10	11 Free Talk Bone Health 101 1:00-2:30pm Pine	12
13	14	15	16	17 Easter Luncheon *advance ticket purchase required	18 Good Friday Centre Hours 1:00-4:00pm 	19
20 	21 Easter Monday Centre Hours 1:00-4:00pm 	22	23	24	25 Free Talk Herbs for Health 1:00-2:30pm Lilac Holly	26
27  Open Mic 1:30-3:00pm Lobby	28	29 Day of Dance Workshop *advance ticket purchase required 10:00am-12:00pm	30			

Easter Weekend Hours:

Good Friday, April 18th: 1:00pm - 4:00pm
 Saturday, April 19th: 8:30am-4:00pm
 Sunday, April 20th: 11:30am-4:00pm
 Easter Monday, April 21st: 1:00pm-4:00pm

Centre Hours:

Monday - Thursday: 8:30am-9:00pm
 Friday: 8:30am-4:30pm
 Saturday: 8:30am-4:00pm
 Sunday: 11:30am-4:00pm
 Statutory Holidays: 1:00pm-4:00pm